Script for the BESS Testing Protocol

Direction to the subject: I am now going to test your balance.

Please take your shoes off, roll up your pant legs above ankle (if applicable), and remove any ankle taping (if applicable).

This test will consist of 6 - twenty second tests with three different stances on two different surfaces. I will describe the stances as we go along.

DOUBLE LEG STANCE:

Direction to the subject: The first stance is standing with your feet together like this [administrator demonstrates two-legged stance]

You will be standing with your hands on your hips with your eyes closed. You should try to maintain stability in that position for entire 20 seconds. I will be counting the number of times you move out of this position. For example: if you take your hands off your hips, open your eyes, take a step, lift your toes or your heels. If you do move out of the testing stance, simply open your eyes, regain your balance, get back into the testing position as quickly as possible, and close your eyes again.

There will be a person positioned by you to help you get into the testing stance and to help if you lose your balance.

Direction to the spotter: You are to assist the subject if they fall during the test and to help them get back into the position.

Direction to the subject: Put your feet together, put your hands on your hips and when you close your eyes the testing time will begin [Start timer when subject closes their eyes]

SINGLE LEG STANCE:

Direction to subject: If you were to kick a ball, which foot would you use? [This will be the dominant foot]

Now stand on your non-dominant foot.

[Before continuing the test assess the position of the dominant leg as such: the dominant leg should be held in approximately 30 degrees of hip flexion and 45 degrees of knee flexion]

Again, you should try to maintain stability for 20 seconds with your eyes closed. I will be counting the number of times you move out of this position.

Place your hands on your hips. When you close your eyes the testing time will begin. [Start timer when subject closes their eyes]

Direction to the spotter: You are to assist the subject if they fall during the test and to help them get back into the position.

TANDEM STANCE:

Directions to the subject: Now stand heel-to-toe with your non-dominant foot in back. Your weight should be evenly distributed across both feet.

Again, you should try to maintain stability for 20 seconds with your eyes closed. I will be counting the number of times you move out of this position.

Place your hands on your hips. When you close your eyes the testing time will begin. [Start timer when subject closes their eyes]

Direction to the spotter: You are to assist the subject if they fall during the test and to help them get back into the position.